

# Confetti Bean Salsa

**Makes:** 6 servings

This three-ingredient salsa is colorful and delicious. Serve it with whole grain chips or crackers for dipping.

## Ingredients

- 1 can** black or red beans (15.5 ounce)
- 1 can** corn (12 ounce)
- 1 cup** salsa

## Directions

1. Drain and rinse the beans. Drain the corn.
2. Combine beans, corn, and salsa in a medium-size bowl. Mix.

## Notes

Like it hot? Add a few drops of hot sauce or chopped green chilis. Try chopped cilantro, parsley or green pepper, too.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>90</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>540 mg</b>
<b>Total Carbohydrate</b>	<b>18 g</b>
Dietary Fiber	4 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available